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COURTESY MAX BAUMANN

Civil liberties group flags city police

ACCOUNTABILITY

Use of mass-surveillance device raising questions

The Vancouver Police Department's revelation that it has indeed employed a controversial mass-surveillance device despite initially insisting it had no documentation of its use raises serious legal and public accountability concerns, a civil liberties group says.

The department said it received help from the RCMP in using a so-called StingRay device during a 2007 investigation in an attempt to track down the cellphone of a person they believed had been abducted.

The admission comes after a protracted back-and-forth battle waged by both the British Columbia Civil Liberties Association and PIVOT Legal Society into whether the Vancouver police have ever used StingRay, an intelligence-gathering tool widely adopted in the United States.

Micheal Vonn of the B.C. Civil Liberties Association said it was only after a freedom-of-information request, direct questioning and the prospect of an inquiry by the province's privacy commissioner that the Vancouver police willingly disclosed any information.

"This certainly raises a number of further questions," Vonn said.

Const. Brian Montague of the Vancouver police said Wednesday context is important. In the 2007 case, the device was used in "exigent circumstances" to investigate the disappearance of a person in a case that has since become a possible homicide, he said.

"It is disappointing to see the BCCLA failed to provide any context, (and) continues their attempt at public fear mongering."

THE CANADIAN PRESS

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Your essential daily news

SpaceX is developing a "ride sharing" program, to provide ways to launch small satellites

Starstruck: Light show of a lifetime

The Perseid meteor shower is returning to the night skies this summer and the next couple of nights are especially good opportunities to watch what scientists describe as an "outburst" year for the cosmic event. Metro talked to David Kief, astronomer at the HR MacMillan Space Centre, for some tips on how to take it in.

WANYEE LI / METRO

Did you know? The more debris, the more meteors

This year's "outburst" is caused by Jupiter's gravitational pull; explained David Kief, astronomer at the HR MacMillan Space Centre. "Every now and then Jupiter will actually pull the debris, that is sitting there in space, toward Earth, increasing the amount of debris that we go through." What people see in the sky as meteors is that debris burning as it enters the Earth's atmosphere. The more debris there is, the more meteors. there are, said Kief. The Perseid meteor shower reliably puts out about 100 meteors per hour but meteor enthusiasts can expect an even better show this year, he said.

Where? Find a spot north of the city

The meteors can be spotted near the constellation Perseus in the northeast part of the sky, which means people will have the best view if city lights are south of where they are, according to Kief. Cypress, Squamish, anywhere along the Indian Arm, are the best spots for meteor-watching, he said. For those who want to stay in the city, Wreck Beach, SFU, Burnaby Lake, or Coquitlam are also options.

Tip: Turn off devices that emit light

The darker it is, the more the meteors will stand out, said Kief. That means no Pokemon Go or catching up on emails while waiting for the meteor shower, said the astronomer. "You don't want to be looking at your cellphone or any device that has light coming out of it — keep your eyes adjusted to that darkness."

Tip: Be patient

Sometimes it takes a while to spot the meteor shower, but don't get discouraged, said Kief. "Be ready to sit and wait. There's no control over it. They're very fast," he said. "You don't need binoculars, you don't need a telescope, just bring a blanket."

Perfect weather

This is the perfect year to catch the meteor shower because not only is it an outburst year, but the forecast for the rest of this week calls for clear skies over Vancouver — perfect for stargazing.

When? Get ready for a late night

The hours between 1 a.m. and 5 a.m. this Wednesday, Thursday, and Friday is the best time to head out and watch the meteor shower, according to Kief. The peak of the meteor shower is forecast for the night of Friday, August 12, but Kief suggests people try spotting the meteor shower earlier in the week, when the moon is not as full. "As you approach the full moon, it will obscure the meteors you would otherwise see."

Where? For the best view...

Canada's National Research Council is hosting a meteor shower watching event at its Okanagan observatory at 717 White Lake Road, near Penticton, on Saturday, August 13th. Attendees will be able to see the meteor shower through telescopes provided by the Royal Astronomical Society of Canada. Gates open at 7:30 p.m. and there will be a few talks from astronomers before stargazing commences at 9:30 p.m. Admission is free.

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‘Accessibility should be a given’

ARBUTUS CORRIDOR

Path should be paved, says wheelchair user

Jen St. Denis
Metro | Vancouver

When one group of Vancouver residents spoke out against “paving paradise,” the city listened and halted its plan to put an asphalt path on the Arbutus Corridor.

But that decision has irked other Vancouverites who are now speaking up in support of paving the former rail line, which the city envisions as a transportation corridor for cyclists, pedestrians and, in the future, a streetcar.

“Accessibility should be a given and my feeling was that that was the plan,” said Gabrielle Peters.

The West End resident uses a wheelchair and has gotten her front wheels stuck in the tracks where they cross the sidewalk on Arbutus Street, an area she’s happy has since been paved over. She was looking forward to exploring more of the Arbutus Corridor on the paved path.

“The longer term design of that area is as a transportation corridor, not as a park or as an extension of someone’s back yard,” said Adrian Crook, who lives in Yaletown and hoped to bike on the path with his young children.

Both Crook and Peters have written to the city asking for the paving to continue, arguing that the corridor is for the enjoyment of all city residents, not just those who live near it.

The rail ties have now been removed, but paving work was halted after some residents complained. Now cyclists and wheelchair users say the delay means they are not able to use the corridor. JENNIFER GAUTHIER/FOR METRO

> “The longer term design of that area is as a transportation corridor, not as a park or as an extension of someone’s back yard. Adrian Crook

Canadian Pacific Railway had tussled with the City of Vancouver for over a decade about the value and use of the corridor, and the CPR had raised the ire of residents when it began ripping out community gardens near the tracks in 2015.

This March the city purchased the Arbutus Corridor from the CPR for $55 million.

It was the CPR’s responsibility to take out the rails, and the city then planned to pave the path temporarily while community consultations for the long-term plan happened over one to two years, said Jerry Dobrovolny, general manager of engineering for the city.

The CPR took much less time than expected to do their work, which is why Dobrovolny says he was willing to suspend the paving work until the city can consult with the community.

Public meetings will be scheduled within the next few weeks.

Mark Battersby, a Kitsilano resident who protested the paving, said his group was mainly against the project because it was proceeding without consultation.

He is concerned that plants like blackberry bushes were being cut back and the berries made inaccessible, and that cyclists would go too fast on the paved path.

People can still enjoy parts of the path, Dobrovolny said: crushed rock has been put down from 41st Avenue to 33rd and from 16th to 10th, while 33rd to 16th has been paved.

Most users should be able to navigate the crushed rock path, although it’s not the highest standard for accessibility.

The ultimate fashion faux-pas

EVOLUTION

Study asks if Neanderthals fell victim to lack of jackets

Jen St. Denis
Metro | Vancouver

Did Neanderthals die out because their human competitors were better fashion designers?

A recent study of a database of animal bones found at several sites across Europe shows that Neanderthals probably weren't making close-fitting winter clothing like parkas, and it could be a significant factor in the species' decline.

"Twenty years ago there was a big debate around whether early humans evolved from Neanderthals or whether they were people who migrated to Europe from Africa," said Mark Collard, an archaeology professor at Simon Fraser University who led the study.

The prehistoric Neanderthal man "N" (left) with Wilma, another reconstruction of a homo neanderthalensis (right) at the Neanderthal museum in Mettmann, Germany in March, 2009.
MARTIN MEISSNER/THE ASSOCIATED PRESS

"There is a consensus now that there was a wave of migration of humans out of Africa, through the Middle East and into Europe."

Archaeologists are now trying to figure out which differences between humans and Neanderthals led to one species thriving and the other becoming extinct.

The bones Collard and his team analyzed were between 40,000 and 25,000 years old, a period leading up to the last ice age when the climate would have been changing to be colder and drier. The researchers found that there were many more animal bones from wolverines, rabbits and foxes in the human sites compared to Neanderthal sites.

While some of the animals may have been used for food only, the composition of animal bones makes Collard fairly confident that the analysis shows that humans were making winter clothing while Neanderthals were not. For instance, it's known that people living in the Arctic commonly used wolverine pelts to make the ruff of a parka: the combination of long and short hairs make it less likely the fur will become frozen around the wearer's face.

> **We don't need to think about humans wiping them out by violence.**
> Mark Collard

The research gives credence to a previous hypothesis that while humans were making specialized winter clothing, Neanderthals only wore fur cloaks. Being able to make parkas would have given humans an edge over Neanderthals in being able to hunt for longer periods and in colder weather, Collard said.

It shouldn't be assumed that Neanderthals weren't making winter clothing because they were less intelligent than humans, Collard said. It could have been a cultural difference: there are examples of human populations who live in harsh climates without making or wearing much protective clothing.

"We don't need to think about (humans) wiping out Neanderthals by violence," Collard said.

"It would have been enough for them to basically hunt the animals that Neanderthals were relying on, to do so a bit more effectively — and that's where the clothing comes in."

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VANCOUVER ISLAND

Whale watchers spot tense battle between behemoths

A whale watching association says a battle between some of the largest creatures in the seas off the coast of British Columbia appeared to end with the equivalent of fist waving and name calling, although they can't be sure of the outcome.

Several whale watching boats at the western edge of the Salish Sea off Jordan River on Vancouver Island spotted a group of transient orcas surrounding two adult humpback whales and a calf on Sunday.

Mark Malleson, a whale watching captain and marine researcher, witnessed the fight. He said in a Pacific Whale Watch Association release that encounters between humpbacks and transient orcas, also known as Bigg's killer whales, rarely result in a kill.

Transient orcas eat marine mammals but Malleson says it seems as if the species "just likes bugging" the much bigger humpbacks.

Naturalist Valerie Shore also saw the standoff from another boat and said most of the action happened below the surface but there was huffing, puffing and occasional swipes of their tails from the humpbacks as they blocked access to the calf and finally chased off the orcas.

"I'm not sure if the killer whales ever thought they were going to be able to take one of these humpbacks out," said Malleson. THE CANADIAN PRESS

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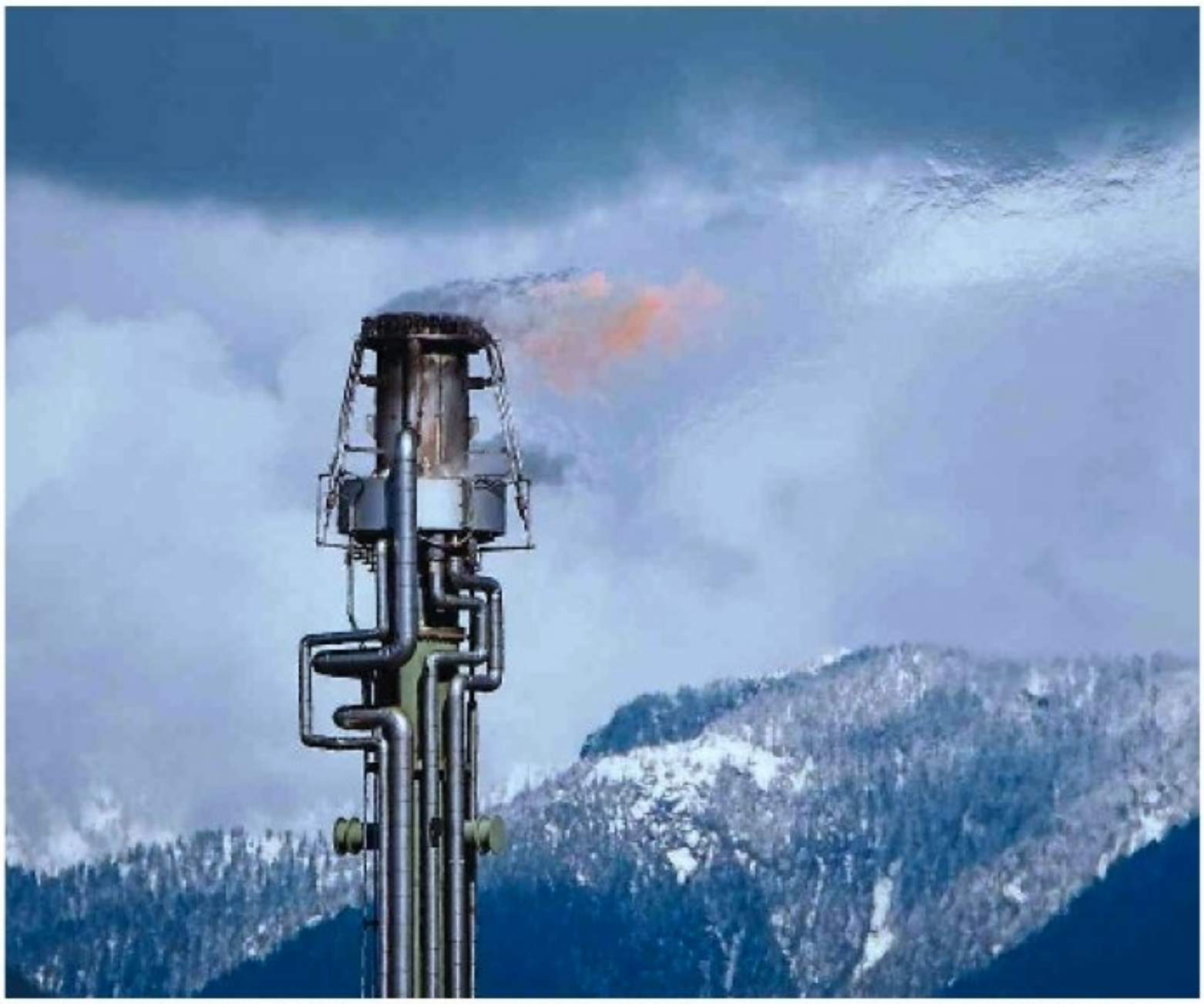

The Chevron Refinery in Burnaby in March 2013. British Columbia was supposed to unveil its new climate action plan in March but environmentalists have given up trying to predict when it will be released. ERIC DREGER/THE CANADIAN PRESS

Environment groups in the dark about plan

CLIMATE

B.C. lags as other provinces get jump on emissions

Matt Kieltyka
Metro | Vancouver

The Pembina Institute's British Columbia director has given up trying to predict when the province will finally release its new climate action plan.

Josha MacNab has been waiting eagerly for it since March, when the plan was first supposed to be unveiled, only to see it repeatedly delayed while other provinces announced their own plans and got a jump on tackling emissions.

That March deadline morphed into the end of spring, then June and is now scheduled to come out — vaguely — "in the coming weeks", according to a Ministry of Environment statement Wednesday.

"Sadly, I've given up on guessing (when the plan will be released) because I've been wrong so many times," MacNab told Metro. "It's certainly disappointing that the process has dragged on as long as it has. We don't really know when to expect it and I don't think anyone in government has made any public statement when we can expect to see it."

Premier Christy Clark and Environment Minister Mary Polak first announced concrete plans to develop a revised climate action plan — the first since former premier Gordon Campbell introduced the Carbon Tax — in May 2015.

Government assembled a "Climate Leadership Team" of politicians, planners, industry leaders, researchers, environmentalists and First Nations to draft a proposed plan.

The team released its recommendations in December.

Key recommendations include increasing the carbon tax by $10 a tonne per year in 2018, expanding its coverage and holding proposed Liquefied Natural Gas projects to higher environmental standards that could halve the gas sector's projected emissions.

> **B.C. has lost its claim to climate leadership.**
> Josha MacNab

The government has been silent on which recommendations it will adopt as part of its new climate action plan since, leading to growing frustration among observers.

"B.C. has lost its claim to climate leadership, especially as other provinces have introduced plans and are reducing emissions while B.C.'s are still projected to go up in the absence of a plan," said MacNab. "We've already missed our 2020 targets. I hope (the plan is released) soon because we need to start working on this now so we can meet our 2050 targets."

Polak was not available for an interview but her ministry provided Metro with a statement on the long-awaited plan's status.

"The Climate Leadership Plan will be unveiled in the coming weeks, and will include new climate actions to drive down emissions while supporting a growing economy," the statement reads. "Initially we thought a draft plan could be in place in December. However, we needed to take the necessary time to properly review and consider the very detailed and thoughtful recommendations we've received from the team."

The election of Justin Trudeau's Liberal government in October also created "an entirely new climate action landscape in Canada" that required the province to pivot and develop a plan that supports "a national climate vision," according to the statement.

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Pig recovering from mauling

PRINCE GEORGE

Pot-bellied entertainer appeared to be dying

A pig with a profile is getting even more attention in Prince George as he recovers from a mauling by two neighbourhood dogs.

Rex is a miniature pot-bellied pig who entertains at children's birthday parties, but he was hospitalized after being attacked on July 18.

His owner, Dayna Denman, 23, said there's a twist that makes the pig's tale more traumatizing for her.

"He wouldn't have flinched if they came up to him, because he's so used to dogs," she said. "He thinks he's a dog."

Denman rushed from work to her two-hectare property in search of Rex after her boyfriend phoned to say the pig wasn't responding to the rattling of his food bowl. Rex normally grazed on grass in their yard, but he had disappeared.

Then she received a text from a neighbour and found her beloved pet bleeding badly.

Dayna Denman holds Rex the pot-bellied pig. Rex is getting even more attention in Prince George as he recovers from a mauling by two local dogs. DAYNA DENMAN/HANDOUT/THE CANADIAN PRESS

"(Rex) was down there in thick bush. He was not doing well at all. He was in shock. He was basically lying there to die," she said.

Denman was able to rouse the pig.

"He knows my voice. He's my baby, he sleeps in my bed."

Her mother drove Denman and the injured animal to a clinic where veterinarians started emergency care.

The pig's condition peaked and then plummeted. The vets told Denman that Rex's tendons in his legs had ruptured and they might have to put him down.

Denman said his pain was being managed and she asked what else could be done.

"He's not suffering. That's another reason why I didn't want to give up on him. Because he wasn't giving up on us," she said.

Veterinarian Jodyne Green said Rex suffered extensive puncture wounds and lacerations all over his body. His ears could not be saved. She said the vets were swayed against euthanasia when the pig suddenly climbed into Denman's lap.

"He's got the heart of a lion," said Green, who owns Green Mobile Veterinary Services. "He definitely has a huge will to live."

Green said they started muscle rehabilitation and teaching Rex a new method for walking. He was put in a splint. They built him a scooter so he could be propped upright.

> **He's got the heart of a lion.**
> Dayna Denman

Last week, the vets revised the pig's prognosis and predicted he would survive.

Denman believes the dogs spotted Rex a week before the attack while the pair was in her driveway. She was picking raspberries from the top of a bush while the pig was gobbling fruit from the bottom.

She said she hopes her pet's plight will remind dog owners to watch their animals more closely.

Green said Rex is walking on three legs while he continues to heal.

Denman's goal is for him to resume his volunteer work with the humane society. Rex delights people at birthday fundraisers, she said, and has an important duty as an "educational pig."

"He's really good with kids. He likes kids. He knows they drop lots of crumbs."

People who have heard the tale around town have been compassionate, said Denman. Some have even made anonymous donations to help pay the vet bills..

THE CANADIAN PRESS

Injury on TV show set

Matt Kieltyka
Metro | Vancouver

A camera operator on a television production in Vancouver is expected to recover after being hit by a car while filming Wednesday.

Police say a 55-year-old cameraman was struck by a stuntman driving an SUV while shooting on location near the intersection of Broadway and Guelph Street around 12:30 a.m.

The man was taken to hospital with serious but non-life threatening injuries, according to police.

The collision investigation unit was on scene to investigate. WorkSafeBC said its prevention officers were called to the set at 1:14 a.m. and ordered the employer to conduct an investigation.

According to the Hollywood Reporter, crews were filming a TV drama for BBC America. BBC America told the Hollywood Reporter that the camera operator was discharged from hospital.

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This is female powerlifting

EDMONTON

Weightlifters aim to change social media's focus on looks

Alex Boyd
Metro | Edmonton

Darron Bunt, Gaïa Willis, Beans Ludlow and Angelina Van Ryswyk are competitive powerlifters who are fed up with those who focus on the appearance of female athletes. KEVIN TUONG/FOR METRO

"This is the unsexiest sport."

As sports go, power lifting isn't the most attractive, said competitive lifter Beans Ludlow.

"We literally dress in a potato sack and, like, have our gut pressed against our belt with a tomato puffer fish face," she said.

Which is why Ludlow and group of female lifters in Edmonton are increasingly bewildered — not to mention frustrated — by what they say is social media's growing fixation with the looks of women who lift big weight.

So Ludlow, along with her training partners Angelina Van Ryswyk, Gaïa Willis and Darron Bunt, have created an online community that celebrates the sport they love, the way they see it.

Since launching in May, This is Female Powerlifting has gained almost 3,000 followers on Instagram, and their new website launches soon.

Powerlifting clearly isn't for the faint of heart — or back, arms, or anything really. It's a strength sport where competitors do three lifts: squats, bench press, and deadlifts.

Collectively, the group has competed provincially, nationally and internationally, and all say they fell in love with the sport because it celebrates strength — something they've tried to reflect in the new project.

"It's the successes, it's the failures, it's celebrating everything about the sport and things women are doing," Bunt said.

> **I don't care what you look like. I just want to see you lift.**
> Darron Bunt

Noticeably absent are hashtags like #bootygains and #peachgang that have become popular among some in the lifting community. Instead, they've swapped in a few invented hashtags of their own, like #liftugly and #wedontoweyoupretty.

This isn't a quibble about whether or not lifters are attractive though — it's that attractiveness is beside the point.

Bunt points out that the Olympics have made it clear that female athletes are still judged differently than their male peers — with recent stories highlighting females Olympians looks, husbands or clothing.

"I think we're getting better at having it be acceptable for women to be strong, but where we're still tripping is on the physical aesthetic," Van Ryswyk added. "Not only do you have to be strong and fit, but you need abs, shoulder caps and to look nice in a bikini."

All are quick to point out that they're proud of the bodies they've built, and they celebrate any athlete who wants to show off, with booty shots or otherwise. They just don't want looks to be the main attraction, or newcomers to the sport to feel like they've got to glam up to fit in.

POLICE

Terror suspect killed in Ontario

A terrorism suspect was killed in a confrontation with police in the southern Ontario town of Strathroy.

The Mounties say they received credible information of a potential terrorist threat earlier in the day.

They say a suspect was identified and the "proper course of action has been taken" to ensure that there was no danger to the public.

Public Safety Minister Ralph Goodale said he had spoken to Prime Minister Justin Trudeau about the events "to confirm that public safety has been and continues to be properly protected."

The RCMP, the Canadian Security Intelligence Service and other police and security agencies were involved in the operations, he added.

Taking all relevant information into account, the national terrorism threat level for Canada remains at "medium" where it has stood since the fall of 2014, Goodale added.

The Mounties planned to hold a news conference Thursday to provide details.

In Strathroy, resident Irene Lee said late Wednesday that police had been camped out near her parents' convenience store since about 4:15 p.m.

At about that time, she said she was at her home close by when she heard a loud noise. She said shortly afterward, a police officer came by to tell residents to stay inside their homes.

Lee said there were up to 25 marked and unmarked cruisers outside a home on Park Street, which is right behind her parents' store.

THE CANADIAN PRESS

Batman with a Metro News logo, drawn by Riley Rossmo.

From comic clerk to drawing the Dark Knight

Aaron Chatha
Metro | Calgary

Riley Rossmo chases the dissatisfaction in his work.

The Calgary artist went from working behind the counter at Another Dimension Comics almost a decade ago to drawing his first two issues of Batman, out this fall.

It's a dream for anyone caught doodling behind the counter, but Rossmo is far from satisfied.

Let's pull back the pages a bit to the first day Rossmo seemingly hit the big time: a publisher had agreed to put out his first book, and they sent a box of the comics to him.

"I took one out, I touched it — and all I could see was mistakes," he recalled.

Now he wakes up and draws Batman. And every time he's satisfied with a layout, he wants to work harder on his marks — or if the marks are up to par, it's his brush stroke.

And if a page actually looks perfect at the end of the day? He's already moving on to the great ideas he has for tomorrow.

It's this special commitment that lead the artist from Proof, Cowboy Ninja Viking and DC's own Hellblazer to champion the look and feel of the Dark Knight.

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A man scales the face of the 58-storey Trump Tower in New York, Wednesday. THE ASSOCIATED PRESS

Man scales walls of Trump Tower

NEW YORK

Climber with suction cups leads police on chase

A man spent more than 2 1/2 hours scaling the glass facade of Trump Tower on Wednesday using large suction cups, climbing as high as the 21st floor before police officers grabbed him and hauled him to safety through an open window.

The climber had a backpack and used a harness and rope stirrups to fasten himself to the side of the 58-storey Manhattan skyscraper.

Police officers smashed windows and broke through a ventilation duct in an attempt to block his progress. Officers also lowered themselves toward him using a window washer's platform.

For a long time, the climber played a slow-motion cat-and-mouse game with his would-be rescuers, keeping his distance by methodically working his way back and forth across the facade and angled corners of the building. When would-be rescuers smashed a window above him, he ducked to avoid big shards of glass that fell.

The chase ended dramatically just after 6:30 p.m.

As a crowd gasped on the street below, two officers leaning far out of a window frame where the glass was removed grabbed the climber's arm and backpack, and in a flash yanked him from his dangling stirrups.

He went through the opening head first, his legs pointed skyward.

Police had deployed large, inflated crash pads at the scene, but it was unclear whether they were positioned close enough to where the man was climbing to offer any protection if he fell.

The tower is headquarters to Donald Trump's Republican presidential campaign and his business empire. Trump also lives there, though he was in Virginia in the afternoon and was headed to Florida for an evening event.

A Trump campaign spokeswoman didn't immediately respond to a request for comment.

"This man performed a ridiculous and dangerous stunt," Michael Cohen, an executive at the Trump Organization, said in an emailed statement. "I'm 100 per cent certain the NYPD had better things to do."

Terraces and other parts of the building are open to the public during the day.

THE ASSOCIATED PRESS

IN BRIEF

Shots fired after car hits protester in Ferguson

Gunshots rang out but apparently hit no one after a car struck a protester during a demonstration in Ferguson, Mo., on the second anniversary of Michael Brown's death.

THE ASSOCIATED PRESS

Daily ceasefires in Aleppo

The Russian military said that fighting in Aleppo will cease for three hours daily to allow humanitarian aid deliveries, but it was unclear whether rebels had agreed. THE ASSOCIATED PRESS

BAGHDAD, IRAQ

Newborns die as fire fills maternity ward

A fire ripped through a maternity ward at a Baghdad hospital overnight, killing 12 newborns, officials said Wednesday, a deadly blaze that was likely caused by faulty electrical wiring.

By morning, grief-stricken fathers searched for their missing newborns in vain while angry relatives gathered outside the Yarmouk hospital in western Baghdad blamed the government for the tragedy. Some of the babies who perished were prematurely born, a doctor at the hospital said.

The hospital director, Saad Hatem Ahmed, said the blaze broke out late on Tuesday night and that the initial investigation indicated it was an electrical fire.

Shaima Hassan stood dazed and trembling in shock after losing her two-day-old son.

"I waited for ages to have this baby and when I finally had him, it took only a second to lose him," she said.

THE ASSOCIATED PRESS

RETAIL

Giant Tiger looking at an expanded role

For 55 years, Giant Tiger's smiling feline mascot has beckoned shoppers, mostly in small towns and cities, and those making a pit stop on the way to the cottage.

But after years of operating under the radar amid intense competition against rivals like Walmart and the now defunct Target Canada, the company is setting its sights on becoming a household name.

The Ottawa-based retailer currently operates 220 stores and has a goal of opening 10 to 15 new stores every year for the next three to five years.

The company also has plans to revamp the design of its locations and increase its product offerings in order to build a better shopping experience. Growing its e-commerce business has also been a top priority.

Selling everything from groceries to big-screen TVs, the national discount chain credits the key to its survival and more importantly, its success over the last half-century, to delivering value to shoppers in the know.

THE CANADIAN PRESS

Giant Tiger plans to revamp the design of its locations. CONTRIBUTED

IN BRIEF

Delta struggles through third day of problems

Delta fliers faced delays, cancellations and more headaches Wednesday as the Atlanta-based airline struggled with its computer systems for the third straight day. Nearly 300 flights were cancelled by the afternoon.

THE ASSOCIATED PRESS

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A storm-damaged barley field near Cremona, Alta., on Tuesday tells the tale of two summers — too much rain in the west and drought in the east. THE CANADIAN PRESS

Concerns are raised over state of crops

HARVEST

Farmers deal with drought in east, rain on the prairies

It's a tale of two summers this year in Canada, with rain — and the lack of it — causing concerns about the state of the country's crops.

In Ontario, officials are forecasting a strong fruit harvest but add that unusually dry conditions could mean some crops will have smaller yields and costs will be higher for many farmers.

"This year is definitely one of the driest, if not the driest, we have on record for April through July," said Environment Canada meteorologist Peter Kimbell.

Nonetheless, Ontario's Ministry of Agriculture, Food and Rural Affairs says the fruit harvest could be double last year's — when spring frost hurt apple crops, in particular.

That's despite the fact that vegetables like broccoli, corn and soybeans are struggling in the low-moisture, high-heat conditions the province is facing this summer.

Charles Stevens, an apple and berry grower and chairman of the Ontario Apple Growers, said the lack of moisture has forced many farmers to "hand thin" — picking fruit before it ripens to ensure that the fruit that remains can grow to maturity, which reduces the size of the harvest and drives up costs.

The story is the reverse in the prairies, where relentless rainstorms in Alberta and Saskatchewan have meant increased risk of rot and disease in what could otherwise be a bumper year.

Daphne Cruise, a Saskatchewan crop specialist, said lentils and other pulses, which farmers planted in big numbers because of the increased price and their recent popularity among consumers, are most vulnerable to the moisture.

The big rainstorms across the prairies have also brought lots of hail, sometimes the size of tennis balls, something Cruise notes has further damaged crops. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, August 11, 2016

CHANTAL HÉBERT ON A PATRONAGE PROBLEM

Perhaps for fear of undermining the credibility of the panel tasked with vetting the Energy East pipeline, the Liberal government has not asked Harper's pre-election appointees to recuse themselves.

In the dying days of his government, Stephen Harper went to considerable lengths to ensure that the National Energy Board panel tasked with vetting the controversial Energy East pipeline be made up of commissioners hand-picked by the Conservatives — regardless of the election outcome.

In the months prior to the election call, Harper re-appointed to various boards and agencies dozens of people whose terms were not due to expire until after the federal election.

In the case of the NEB, Harper handed Justin Trudeau a full roster. The Liberals will not have a vacancy to fill among the temporary members of the board until 2018 — by which time it will have reported on all major pipeline projects currently in the works. The next permanent vacancy will not come up until after the next federal election.

Two of the three members of the Energy East panel that, as of this week, has been conducting hearings into TransCanada's plan to link Alberta's oilfields to the Atlantic Coast were among Harper's appointments.

In the normal scheme of events, Jacques Gauthier and Lyne Mercier would have been up for replacement in December 2015 — almost a full month after the swearing-in of Trudeau's government.

Trudeau has reiterated his government's determination to restore public confidence in the pipeline process.

Instead, both had their terms preventively renewed over the final weeks and months of the last Conservative Parliament.

It is a rare person who gets appointed to a public task by a prime minister not once or twice but three times over less than a decade.

HOLDOVERS The National Energy Board's Energy East Panel: Roland George, Lyne Mercier and Jacques Gauthier. Mercier and Gauthier were appointed by Stephen Harper. CONTRIBUTED

Gauthier is such a rarity.

Remember the 2010 Vancouver Olympic winter games and the viral controversy that erupted in the face of a distinct deficit of French at the opening ceremony? Gauthier happened to head the advisory council responsible for insuring that the games reflected Canada's linguistic duality.

Notwithstanding that public relations fiasco, he also served on the Prime Minister's Advisory Committee on the Public Service prior to being appointed and reappointed to the NEB.

After iPolitics uncovered Harper's deathbed patronage spree, the incoming Liberal government did write to 33 Conservative appointees to ask them to voluntarily relinquish their functions.

But perhaps for fear of undermining the credibility of the Energy East panel even before it had begun its public hearings, or to deflect accusations that it was interfering with an independent tribunal, it did not — at least in writing — put Gauthier and Mercier on notice.

By the time Trudeau took office, the two had already stretched the notion of the arm's-length relationship that is expected to preside over the dealings between an NEB panel and the proponents and opponents of a given project.

In the months prior to their reappointments by Harper in early 2015, the two participated in a series of private meetings with various Quebec constituencies — mostly but not exclusively from the pro-pipeline corporate sector.

One of those they met was former Quebec premier Jean Charest. He was then a consultant for TransCanada.

When National Observer broke the story last month, the NEB insisted Energy East was not on the agenda. But last week, the agency retracted itself. Notes from the meetings show the pipeline was indeed up for discussion, as were various strategies to advance the file. Gauthier, who initiated the meeting with Charest, specifically wrote in an email obtained by National Observer that he wanted to talk about the TransCanada project.

On Tuesday Environment Minister Catherine McKenna declined to comment on the panel's behind-closed-doors dealings with parties that have a direct or indirect interest in the outcome of its review of Energy East, or their potential impact on the NEB's credibility as an independent agency. But ignoring the elephant in the room will not make it go away.

Since he has become prime minister, Trudeau has reiterated his government's determination to restore public confidence in the pipeline approval process. With NEB reform out of their reach for the foreseeable future, the Liberals have committed to hold separate additional consultations focused on the environment and the rights of indigenous people prior to the cabinet coming to a final decision.

But the NEB, whose official task it is to determine if a pipeline is in the national interest and recommend accordingly a way forward to the government, remains a cornerstone of the process and it is hard to build on sand.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Forget the hijab and just watch the women play

Deena Douara
For Metro

The image is a Rorschach test. You know, that tool psychologists use to determine you feel abandoned by your father.

Objectively, the photo shows two young female athletes leaping for the same volleyball after working very hard to earn a spot at the Rio Games. One of them is wearing a bikini, the other full sleeves, tight pants and hijab.

Beyond those 38 words, the next 962 are yours to fill in. Does the image represent a clash of civilizations or backwardness of religion? Or does it show unity at the Olympics? The beauty of diversity, and the power of sport?

It's no surprise, perhaps, that what should be a conversation around athleticism, skill and competition instead has become a conversation about what Muslim women wear, after changes before the 2012 Olympics gave women more flexibility on what they could wear in beach volleyball. Allowing the hijab was a last-minute "concession" this year, according to the BBC.

Considering their outfits pose no harm to themselves or opponents, there is no value to having the what-Muslim-women-wear conversation. You're worried they're hot or that they're putting themselves at a disadvantage? Stop worrying. They've got this. They didn't qualify because of a quota — they earned their spot. You don't like how it looks? Great, don't buy the outfit. They're oppressed? They've made a choice for themselves, are confident enough to not conform to Olympic expectations, excelled at an uncommon sport, and have put themselves before the eyes of millions of judges. I don't know either of the players, but my guess is that they own their story and their decisions, just like the rest of the veiled Egyptian women whom I know.

Nineteen-year-old Doaa Elghobashy told the Associated Press that she has worn the hijab for 10 years. "It doesn't keep me away from the things I love to do," she explained. She and teammate Nada Meawad (not veiled but similarly attired), are the first beach volleyball team from Egypt at the Olympics.

Apparently, Elghobashy placed a higher priority on personal values and beliefs than on some unknown and unquantifiable potential competitive benefit. People I know have called that stupid. I call it admirable. But I also call it irrelevant.

The Egyptian team faces Canada today. What I'll be watching, if I watch, is two teams that have worked hard, put in long hours, overcome doubt, and made personal sacrifices leap towards a ball above a net. Which is really the only thing that's truly knowable about this image.

Deena Douara is a writer living in Toronto

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Thursday, August 11, 2016

Jose Bautista's collab with Canada Goose goes on sale tonight on Harryrosen.com. The jacket is "somewhat hip but a little bit classy. Sleeker than a puffy."

5 THINGS TO KNOW ABOUT CUPPING

THE ASSOCIATED PRESS

Why do some Olympians look like they just fought off an octopus? Their round, hickey-like marks are from cupping, an alternative therapy that involves putting suction cups on the skin. It's said to treat everything from pain to chickenpox to cancer.

How it works depends on whom you ask: freeing blocked energy; activating natural healing mechanisms; even "drawing out excess fluids and toxins." Here's what you need to know about this trendy (and dubious) procedure.

Cupping is very, very old

Cupping is part of traditional Chinese medicine as well as Middle Eastern healing practices that date back thousands of years. Ancient Greek physician Herodotus was a fan circa 400 BCE, as was the Prophet Muhammad in the sixth century.

There are two main types

"Dry cupping" involves sticking a flame inside of a cup to create a vacuum, then applying it to the body to suck the skin inside. Sometimes a suction pump is used instead. "Wet cupping" combines this with bloodletting by puncturing the skin first.

It has some famous fans

Alternative-health aficionado Gwenyth Paltrow has been cupping since before it was cool. She was photographed in 2004 with the telltale welts on her back. Other devotees include Lena Dunham, Justin Bieber, Jennifer Aniston and Olympic athlete Michael Phelps (shown), who sported cupping marks in the pool earlier this week in Rio.

It can go really wrong

Usually, the only side effect is bruising. Wet cupping, because it requires cutting, has an infection risk. Dry cupping is playing with fire: It involves wielding open flame near bare skin. One case of necrosis (tissue death) and sepsis (blood poisoning) from cupping done repeatedly to the same spot has been reported in Australia.

There's almost no proof it works

Studies of cupping have been small, poorly designed and highly susceptible to bias. There's some indication the practice may help relieve pain, though it's not clear if the benefit is anything other than psychological.

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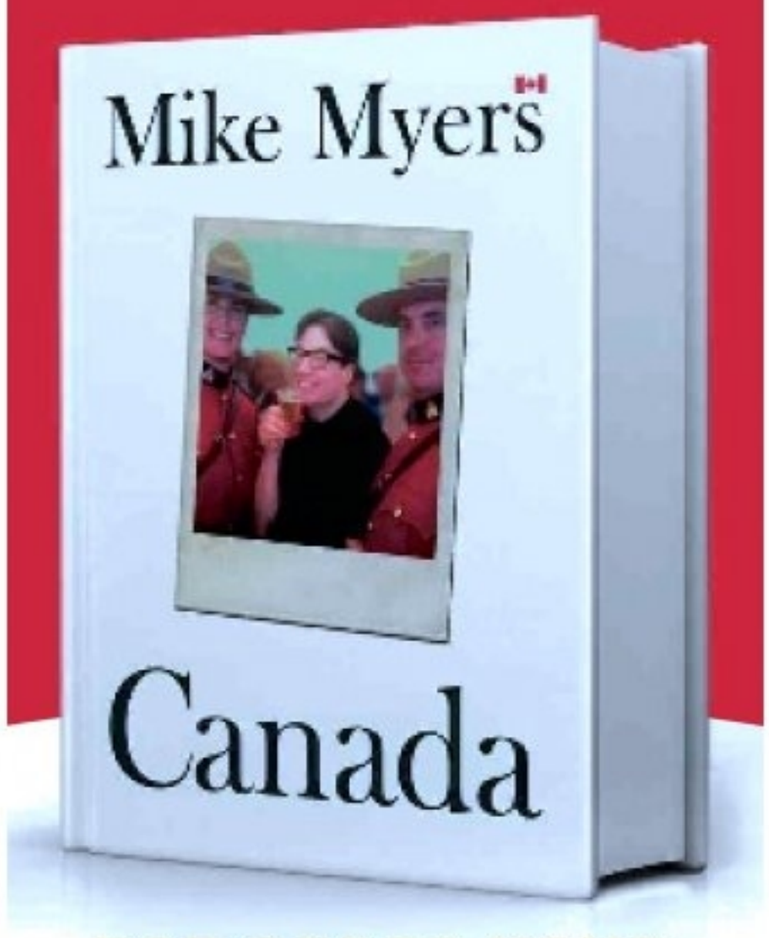

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Renaissance man mixes science with art in novel

JAY HOSKING

Writer's background helped pen tale of time, memory

Sue Carter
For Metro Canada

Jay Hosking knows a lot about rats. He understands their motivations and behaviour, and what makes their tiny brains tick.

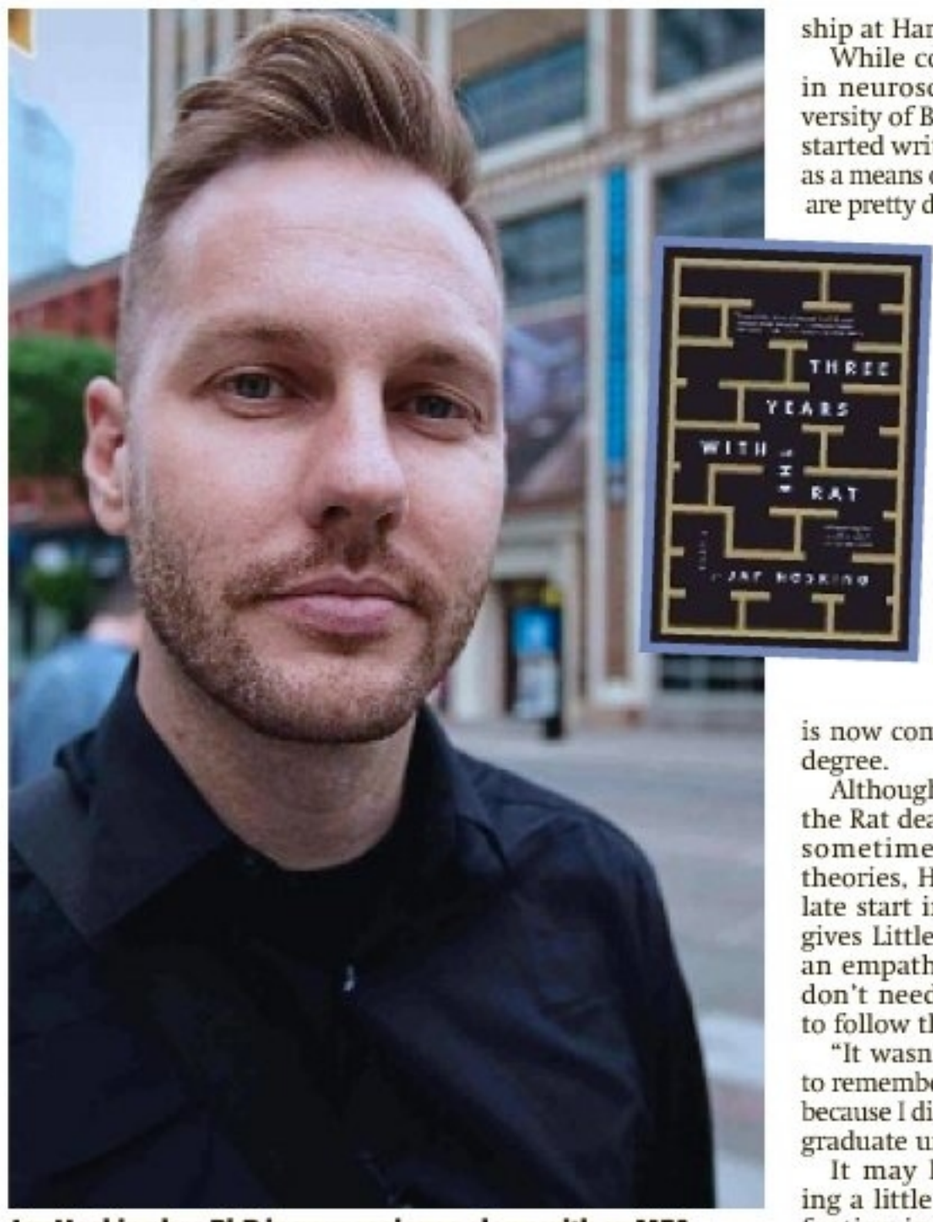
As a neuroscience graduate student at the University of British Columbia, Hosking worked with rodents in a research lab, studying their decision-making skills and teaching them how to gamble. It's not surprising that his debut novel, Three Years with the Rat, wraps together science, psychology, mystery and yes, a rat.

Set in Toronto, Three Years with the Rat follows a young, aimless man only known as "Little Brother" who moves to the city to be closer to his older sister, Grace, a highly intelligent psychophysics graduate student who appears to be losing her grip on reality.

When Grace goes missing, followed by her boyfriend, John, the narrator discovers a large, handmade wooden box in their apartment, along with a lab rat and a note that says "This is the only way back for us."

Their disappearance sets the young man into a spiralling adventure, challenging known theories of time and memory.

While Three Years with the Rat could be easily slotted on the speculative-fiction shelf, the book also deals with relationships, both romantic and familial.



Jay Hosking has PhD in neuroscience along with an MFA creative writing. CONTRIBUTED

Hosking grew up reading classic science fiction, but says he owes more of his writing to the postmodern works of Paul Auster and Haruki Murakami. A self-described arts kid — his grade eight teacher told him, "Whatever you do Jay, don't go into science" — Hosking did his first degree through Fanshawe College's music-production program, working for several years in film and television, before deciding to go back to school for neuroscience at the University of Toronto.

"I was a really late starter in terms of science. I came to that because psychology was something I was really interested in, but I wanted something a little meatier or biologically based," says Hosking, who is now working on his postdoctoral fellowship at Harvard University.

While completing his PhD in neuroscience at the University of British Columbia he started writing fiction, mostly as a means of distraction. "PhDs are pretty demanding," he says. "I thought I might go crazy if I kept my head in the lab all the time." He signed up for a fiction course with author Lee Henderson, jokingly calling himself the class's "resident weirdo." Once he finished his PhD, Hosking enrolled in UBC's creative-writing MFA program, where he is now completing his fourth degree.

Although Three Years with the Rat deals with ambitious, sometimes mind-boggling theories, Hosking's relatively late start in studying science gives Little Brother's journey an empathetic edge; readers don't need a physics degree to follow the story.

"It wasn't that challenging to remember knowing nothing because I didn't start my undergraduate until 25," he says.

It may have taken Hosking a little longer to find his footing in both science and writing, but the timing of his book also couldn't be better, thanks to the popular Netflix show Stranger Things, which has re-ignited an interest in stories about time and other dimensions. "There's an amazing discussion happening philosophically in fiction and art," he says. "It's a deep well to be drawing from."

Sue Carter is the editor at Quill & Quire magazine.

GRAPHIC NOVEL

A charming anthropomorphic animal tale

Wild's End: The Enemy Within
BY: Dan Abnett and I.N.J. Culbard
PUBLISHER: Boom Studios
$19.99, 160 pages

Mike Donachie
Metro | Canada

Unstoppable aliens have invaded the sleepy English countryside, and the army is covering it up.

The population must be told, and a plucky band of eyewitnesses must escape to raise the alarm.

And, by the way, all the "humans" have the heads of animals.

This is Wild's End: The Enemy Within, the frankly weird trade paperback collection that marries War of the Worlds with the Wind in the Willows.

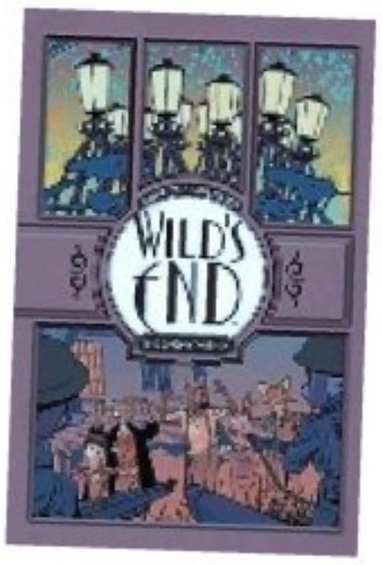
It's the second in a series, but part one, called Wild's End: First Light, is also available.

It's a sinister story, where the fear of the aliens — who live in three-legged machines armed with powerful death rays — is rivalled by fear of the authorities who will stop at nothing to keep the invasion secret.

In charming comic book tradition, all the protagonists are anthropomorphic animals, from traumatized war veteran Clive Slipaway, who's a dog, to anxiety-stricken writer Susan Peardew, who's a dog.

But don't confuse cuteness with tameness.

This is a slow-burn story with no shortage of violent conflict, and a payoff that'll make your hackles rise in fear.



Who Shot Sports

Any professional shutterbug will tell you sports photography is among the most challenging aspects of the craft. Gail Buckland, former curator with the Royal Photographic society of Great Britain, scoured more than 50 archives, pulling the work of 165 photographers from 1843 to now for Who Shot Sports. TORSTAR NEWS SERVICE

Rugby as art

Ray McManus, an Irish sports photographer and founder of the Sportsfile photography agency, photographed only one rugby match in 2011 — he prefers football and hurling — but it's an award winner, displaying a game in all its mud, sweat and glory that demands pure brawn from players who, unlike most sports, are fitted with minimal protective gear.

Toro

Daniel Ochoa de Olza was propitiously born in a place associated with bulls, Pamplona, Spain where an annual festival puts locals and tourists in the path of rampaging toros. Ochoa de Olza began as a painter before turning to photography and soon became fascinated with bullfighting, capturing images of famed matador Juan Jose Padilla in 2012, a series he called Bullfighter's Comeback. A year earlier, Padilla had been gored by a bull, losing an eye and requiring substantial reconstructive surgery.

Tour de France

At 40, Paolo Pellizzari was a late arrival to the game of sports photography. His sole piece of equipment is a Noblex camera with a panoramic lens that takes 135-degree images similar to the perspective of the human eye. It's an ideal camera to shoot the Tour de France, founded in 1903. The image, taken in 2000 in the village of Saint-Macaire-en-Mauges, captures the chaos of the world's most famous cycling events.

Astrodome

Jim Dow, who taught for decades at prestigious institutions such as Harvard, Princeton and Tufts University, found a particular niche in sports photography, shooting more than 300 baseball stadiums in triptych fashion. The image features the Houston Astrodome, the world's first domed sports stadium, which Dow shot in 1982. (The building, which operated from 1965 to 2000, was partially demolished in 2013 and now sits empty.)

Battle ready

In addition to his work for Sports Illustrated and France's national sports daily, Equipe, French photographer Gerard Rancinan has won numerous international awards covering natural catastrophes and conflicts around the globe, including civil and ethnic wars and urban riots. That experience is exemplified in the warlike, battle-ready pose of French epee fencer Laura Fiessel, a five-time Olympic medal winner, taken in March, 2014.

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A peek into contemporary manhood

AWARDS

David Szalay eyes Man Booker Prize with new novel

Sue Carter
For Metro Canada

It seems somewhat fitting that David Szalay found out about his Man Booker Prize nomination, which came as a big surprise to the Canadian-born writer, while vacationing in Europe. After all, his long listed novel, All That a Man Is, is a snapshot of nine men passing through various stages of life while collecting European stamps on their passports.

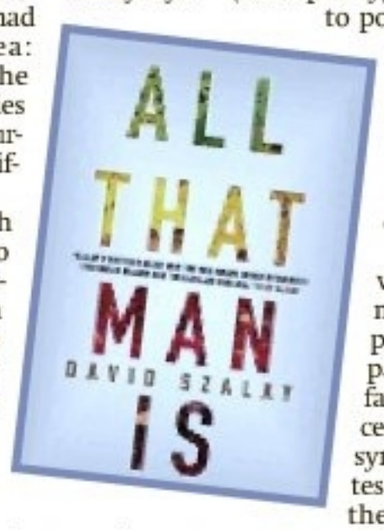
Szalay, along with Canadian writer Madeleine Thien, who was born in Vancouver, and her acclaimed novel Do Not Say We Have Nothing, are among a total of 13 English-language authors long listed for the approximately $87,000 2016 Man Booker Prize.

Szalay was born in Montreal in 1974 to a Canadian mother and Hungarian father, but moved to the U.K. as an infant, where he grew up, and later attended Oxford University. He has family in Canada, but hasn't visited in several years, though he says he still feels a connection here. It's a connection that may deepen as the Canadian awards season heats up this fall — like former Governor General's Literary Award winners Eleanor Catton, who lives in New Zealand, and Patrick DeWitt, who resides in Portland, Ore., Szalay's birthtown makes him eligible for this country's biggest book prizes.

All That a Man Is was born five years ago with Szalay's idea about a group of characters, of all different nationalities, connected through their travels. As a U.K. citizen who has lived in Belgium and Hungary, Szalay related to the feelings of being a perpetual outsider. In his own travels he had observed how the "countries and cultures of Europe rub against each other, and the way that Europe is now very much a continent of displaced people."

Yet Szalay, already the author of three well-received novels, felt a bit stuck. He had reached an impasse with his writing, and was not interested in pursuing another traditional narrative structure.

"There was something about writing about one central character, or even one group of people in a single story interacting with each other, that I chafed against," Szalay says. But then he had another idea: presenting the novel as a series of stories featuring men of different ages.



Although there is no direct connection between these nine men, Szalay views them collectively as a "single composite character."

All That a Man Is starts chronologically with a stoned 17-year-old on vacation in Poland desperately trying to have sex, through to the poignant story of a senior citizen in his 70s who, while contemplating the nearing end of his life, ends up in Bologna, Italy, recovering from a car accident of his own doing.

The first story Szalay wrote, about a muscular Hungarian fitness instructor who finds himself lost, contemplating his future while working as security for a sex worker and her boyfriend in London, "came very directly from my own experience of moving from one country to another," he says.

The timing of All That a Man Is also makes it a standout in the literary landscape, and a strong potential awards contender. Beyond the fact that the novel is grounded in its philosophical themes and cultural references, Szalay's often bleak but introspective observations conjure comparisons to Martin Amis: it's a view of contemporary manhood we haven't seen in awhile. The depth of his characters, and how they deal with emotions (often poorly), also run counter to popular depictions of contemporary masculinity, in particular, Hollywood's seeming obsession with the jokester manchild stereotype.

Szalay says he wrote all these men with a sympathetic view, in particular as they faced the aging process — although that sympathy might be tested for readers in their various interactions with women as lovers, wives, employers and objects of desire. "Taken as a whole, I know that the characters come across in a reasonably unattractive light," he says.

"But I wasn't really thinking of a particular person or type of person. I really just wanted to write about men, generally."

Reader sympathy for his male character will be tested — especially in their interactions with women. "I just wanted to write about men, generally," says David Szalay of his latest book, All That Man Is. CONTRIBUTED

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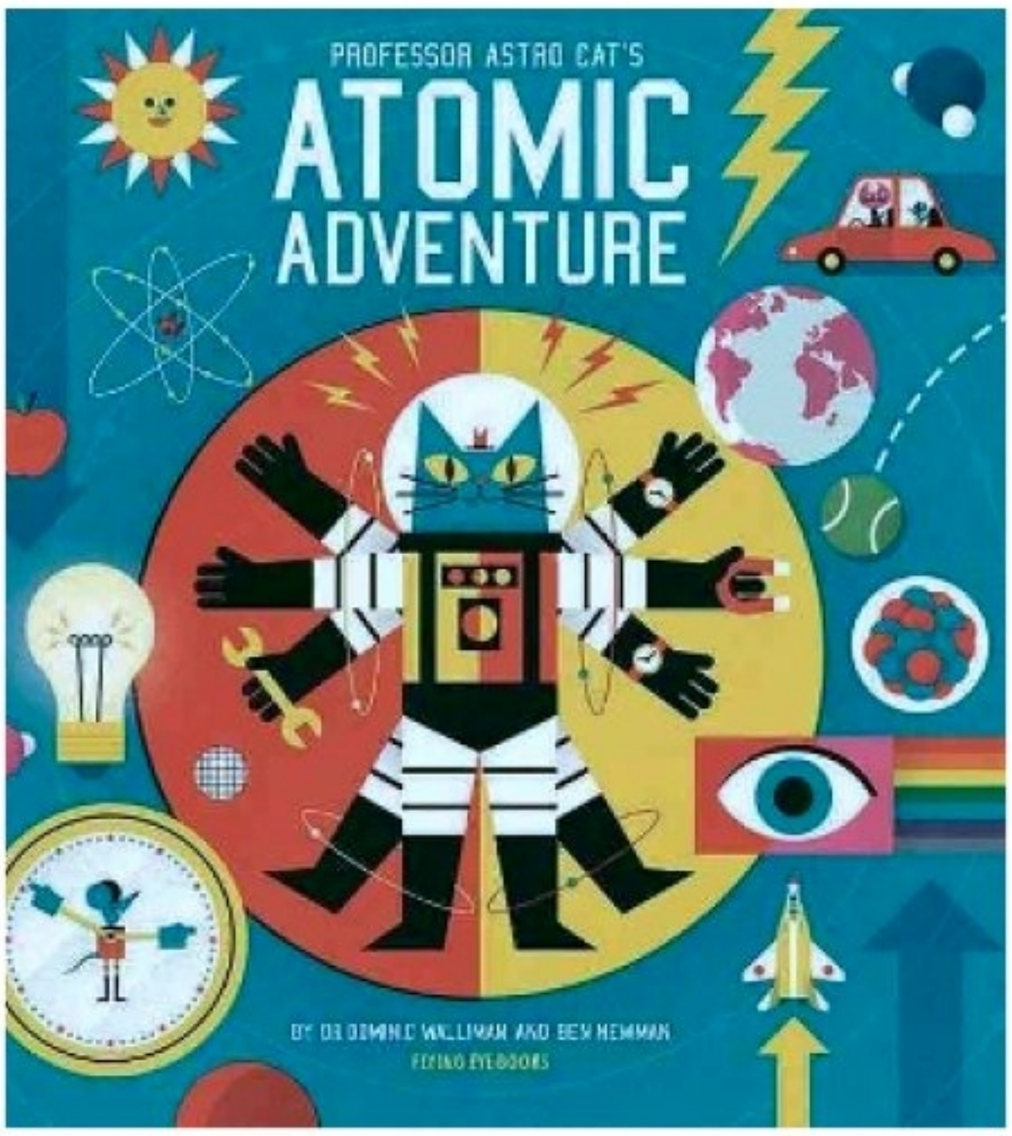
Hot books for young bibliophiles



AGES 6-12

Professor Astro Cat's Atomic Adventure

By Dominic Walliman, illustrated by Ben Newman (Flying Eye, 66 pages, $35.50)

There are many jazzed up, trying-hard-to-be-funny science books for kids, so what a pleasure to find a physics book that's energetic, stylish, full of content — and without condescension. The authors begin with scientific method and measurement, then move on to atoms, molecules, motion, forces, energy, pressure and the root of all calculating, mathematics. The text is lucid and brief, with concepts deftly measured in comprehensible steps. An excellent introduction to the branches of physics, suitable not just to the young inquiring mind, but also the curious old one.

AGES 2-5

Thunder Boy Jr.

By Sherman Alexie, illustrated by Yuyi Morales (Little, Brown, 32 pages, $21.49)

Thunder Boy Jr. is miffed that he has the same name as his dad. His nickname Little Thunder sounds like a burp or a fart! Instead, he thinks he should be named for something he does, such as Can't Run Fast While Laughing or Mud in His Ears — totally different from his father. But when Thunder Boy's dad does endow him with a new name, it's one that celebrates their close relationship as well as their distinctive personalities. Verve, humour, affection — it's all here, in ways both wise and entertaining. Morales' digital art, with its shifting perspectives, dark lines and neon colours, is as ebullient as Thunder Boy himself.

AGES 4-9

Those That Cause Fear

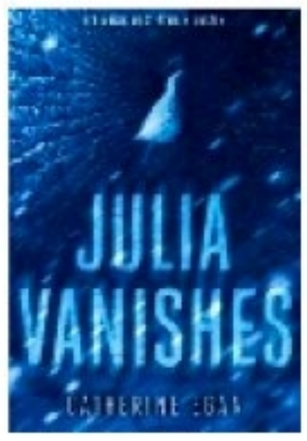
By Neil Christopher, illustrated by Germaine Arnaktauyok (Inhabit, 40 pages, $16.95)

This catalogue of supernatural Inuit beings is quintessential Canadiana for fans of the scary or strange. In brief paragraphs, Christopher describes the Mahahaa (messy hair; sharp fingernails; tickles people to death), Iqallijuq (creates char with his magical axe — but also uses it to hack at anyone who sees him) and many more beings who "are thought to still be out on the land, hiding and waiting for an unsuspecting person to wander close." Renowned Inuit artist Arnaktauyok illustrates each one with smooth tints and stylized postures reflecting traditional Inuit art.

AGES 11 & UP

Julia Vanishes

By Catherine Egan (Doubleday, 375 pages, $21.99)

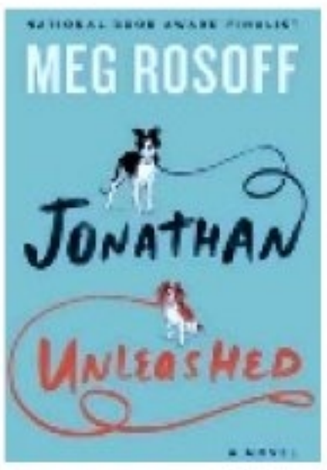


A robust, fast summer read. Orphaned when her mother was drowned as a witch, Julia's worked for years with a tightknit band of thieves and spies — her only family. Now she's on an especially lucrative gig, posing as a housemaid while spying out the witch-smuggling, werewolf-curing activities in the house of elegant Mrs. Och. But the mysterious client to whom Julia reports turns out to be downright terrifying, and she loses all self-respect when she's forced to betray an innocent child. Egan's first YA fantasy has inventiveness and action aplenty, but stands out particularly for its focus on character, remorse and moral formation.

AGES 15 & UP

Jonathan Unleashed

By Meg Rosoff (Doubleday, 275 pages, $24.95)



Urbane, mordant, hilarious — the same season the author of award-winning How I Live Now won the world's largest prize for young people's literature (the Astrid Lindgren Memorial Award), she has produced her first adult novel. It's a zinger of a "crossover" read for teens: if there's anything its hipster, twenty-something protagonist Jonathan shows, it's that one's first job, first love, first "adult" existential quandary, is more akin to adolescence than adults like to admit.

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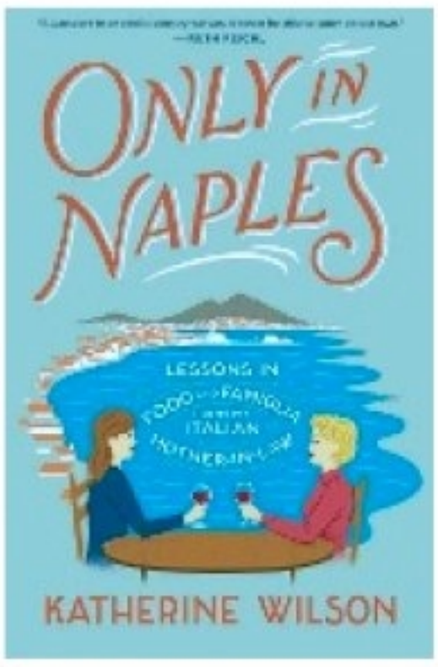
5 BOOKS FOR FOODIES: FROM HOT DOGS TO GASTRONOMY

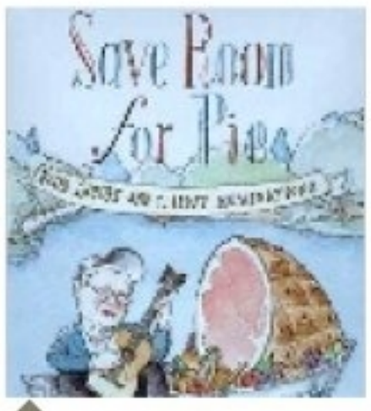
Here's the menu: a memoir of eating well (and losing weight) in Naples; a history of Nathan's Famous, the Coney Island hot-dog empire; a journey around India's coastline in pursuit of fish; a foodie deconstruction of elBulli's molecular gastronomy; and more than 100 witty ruminations on food and eating.

TORSTAR NEWS SERVICE



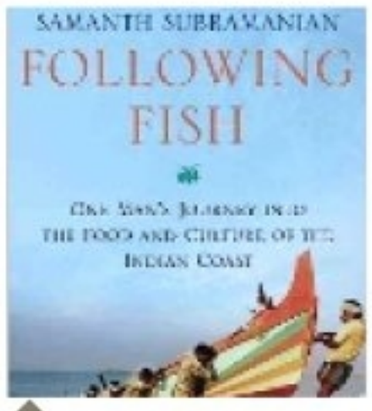
1 Noshing in Naples

When **Katherine Wilson** arrives in Naples for her "experience abroad" (a rite of passage for members of her Washington family), she is a chubby girl with binge-eating disorder. Within six weeks she is eating the Neapolitan way and has lost 20 pounds. Thanks are due to the Avallone family, specifically son Salvatore, the sweet man she falls for, and his mother Raffaella, who teaches her much about life. Reading the memoir **Only in Naples: Lessons in Food and Famiglia from My Italian Mother-In-Law** is like being seated around the crowded Avallone table: you eat well, pick up a smattering of Italian and learn how to cook several of the meals you've consumed.



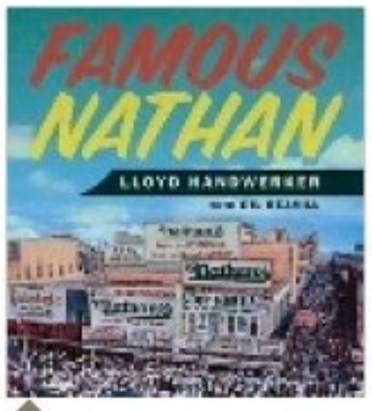
2 Inspiring edibles

Whatever observations about food that Roy Blount Jr. has had over the course of his 75 years have likely found their way into **Saving Room for Pie: Food Songs and Chewy Ruminations.** There are no fewer than 100 ruminations on edibles delivered in many methods: anecdotes, ideas and reminiscences.



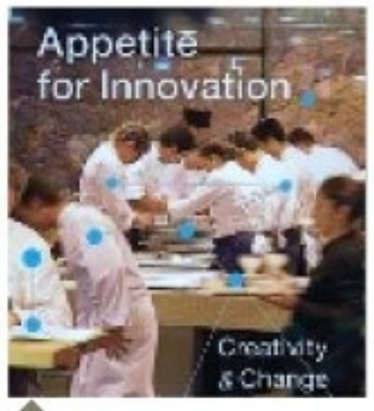
3 Finding wisdom in fish

Following Fish: One Man's Journey into the Food and Culture of the Indian Coast, Samanth Subramanian is a literary travelogue of India's coastline using fish, fishing and fishermen as its frame, an undertaking that inevitably touches on geography, sport, culture and more by **Samanth Subramanian.**



4 A hot dog empire history

Author **Lloyd Handwerker** is the grandson of Nathan Handwerker, the founder of Nathan's Famous, the Coney Island hot-dog legend. **Famous Nathan: A Family Saga of Coney Island, the American Dream, and the Search for the Perfect Hot Dog** is a rollicking food dynasty epic.



5 Appetite for academia?

Appetite for Innovation: Creativity & Change is an academic work by scholar **M. Pilar Opazo** who decided to deconstruct the genius of chef Ferran Adrià at elBulli, the Michelin three-star restaurant in Spain that introduced "molecular gastronomy" and "techno-emotional cooking" to our vocabulary.

This recipe makes 10 spring pea crostinis with burrata and prosciutto. TORSTAR NEWS SERVICE

An app that's perfect for summer

RECIPE

Burrata crostini perfect balance of creamy and crunchy

Gaby Dalkin is a woman after our hearts.

She worships cheese, she's a little clumsy in the kitchen and she wrote a cookbook about avocados.

Oh, and she was previously Jessica Simpson's personal chef.

This Spring Pea Crostini recipe, can be found on Dalkin's What's Gaby Cooking food blog by searching I searched "burrata cheese."

If you've never heard of burrata, know it's a gooey ball of heaven that might change your life.

This lemony and savoury appetizer struck the right balance of creamy and crunchy. It's also surprisingly filling. Eat more than three and consider yourself stuffed.

The original recipe called for California Dry Jack cheese, but we substituted Old Amsterdam premium aged gouda.

The blog: What's Gaby Cooking, a food blog featuring California-inspired recipes.

The quote: "Can we talk about my love affair with California burrata cheese, because it's intense!

"Given the opportunity, I could take down a pound or two in a matter of minutes. When it comes to self-control, it goes straight out the window when burrata cheese is involved!"

For more of Dalkin's recipes, visit whatsgabycooking.com.

Spring Pea Crostini with Burrata and Prosciutto

Makes 10 Crostinis

Ingredients:

- 1 baguette, sliced on an angle into 10 1-inch pieces. This may not require the whole baguette
- 1/4 cup (60 mL) olive oil
- 1-1/4 cups (310 mL) frozen peas, thawed
- 1/2 cup (125 mL) mint leaves
- 1 garlic clove
- 1/3 cup (80 mL) grated Old Amsterdam premium aged gouda
- 1 lemon, juiced
- 1/2 tsp (2 mL) red pepper flakes
- Kosher salt and freshly cracked black pepper to taste
- 1 ball burrata cheese, room temperature
- 10 slices prosciutto

Directions:

1. Heat oven to 400F/200C. On a baking tray, place baguette slices flat and drizzle olive oil generously over each.

2. Toast bread for 2 1/2 minutes or until crispy. Flip pieces and repeat. Remove and set crostinis on serving tray.

3. In a large food processor, combine peas, mint, garlic, gouda, lemon juice, red pepper flakes, salt and pepper. Pulse for 30 seconds. Adjust seasoning to taste.

4. On crostinis, slather 2 to 3 tablespoons pea pesto on top of each crostini. Add 1 to 2 tablespoons burrata and top with a piece of prosciutto. Repeat on other crostinis and serve immediately. TORSTAR NEWS SERVICE

Learn more at windmobile.ca. Sale starts August 1, 2016, and is subject to change without notice. Eligible devices may be activated for $0 phones with WINDtab. WINDtab terms and conditions apply. Samsung, Samsung Galaxy Note 5, Samsung Galaxy S5 Neo, Samsung Galaxy S7 and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. LG and the LG logos are registered trademarks of LG Corp. and its affiliates. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

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Jim Sturgess portrays Dion Patras, Elijah Jacob portrays TJ Moran and David Schwimmer portrays Tommy Moran in Feed the Beast, premiering Sunday. FRANK OCKENFELS/AMC VIA AP

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Show's good pedigree doesn't add up to much

THE SHOW: Feed the Beast, Season 1, Episode 2 (AMC)
THE MOMENT: The tough-talking cop

A car screeches across the sidewalk in front of cocaine-loving chef Dion (Jim Sturgess). It's Det. Guy Giordano (Michael Rispoli), who wants Dion to gather evidence on the Tooth Fairy (Michael Gladis), a mobster who pulls the teeth of shirkers. Dion owes the Tooth Fairy, big. He gets in the car.

Guy drives. "One thing I hate: waiting," he sneers. "Cable guy. UPS. You."

"I can't just ask the Tooth Fairy to tell me all the bad things he's ever done," Dion says. "It don't work like that. But I have something interesting. The Asians are getting a huge shipment of blow, any day."

Guy hits the brakes. He grabs Dion's crotch. "I don't give a rat's ass about the Asians," he growls. "I want that fat Polack." He clicks his tongue against his front tooth. It's false. Looks like Tooth Fairy took his real one.

Guy releases Dion. "Git outta my cah," he snarls.

This series feels like it ought to be good, but it's not. It's good-adjacent. Meaning, it has the pedigree of something good (cast, production values, network), but doesn't deliver.

Its cops and mobsters are bargain-bin copies of characters from better shows. And its twin leads (David Schwimmer plays Dion's pal, a sommelier) suffer from Antiheroitis, TV's insistence that every hero must be an antihero now. A true antihero is a complex person with ambivalent motivations. Dion is merely a jerk who keeps doin' stupid stuff. He quickly grows tiresome. And poor Sturgess's Bronx accent sounds like curdled cottage cheese.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

IN DEVELOPMENT

Katrina as a storm of crime

As The People v. O.J. Simpson rides the high of its 22 Emmy nominations, the writing team behind Season 2 of the FX anthology series American Crime Story is hard at work on scripts for the next installment, which focuses on Hurricane Katrina.

"We want the events that brought America together and also that shine a light on the parts of America that maybe we don't want to acknowledge," said executive producer Brad Simpson.

Simpson credits series creator and writer Ryan Murphy with the idea. But Simpson and his producing partner Nina Jacobson had long been fascinated with the topic.

"There were crimes that happened during Katrina. Murders, rapes, you know, and there's also the crime of us not rescuing these people and not being prepared to take care of New Orleans," he said.

Simpson said they "have a book" they're working off of but also employ a researcher helping to gather information.

American Crime Story executive producers Brad Simpson and Nina Jacobson. EVAN AGOSTINI/INVISION/AP

Simpson adds that once the scripts are more concrete, they will know which roles they have to cast.

"We'd like to use as many actors as we can. It's gonna be subject to availability whether we have the right roles. You know, certainly Sterling (K. Brown), (John) Travolta, Sarah (Paulson), Cuba (Gooding, Jr.). We'd like to figure out if there are roles for them."

Season 2 of American Crime Story is slated to return to FX in 2017. THE ASSOCIATED PRESS

metro HOME
Your essential daily news

'We have no plans to collaborate at this point,' Ikea responds to Kanye's wish to work with them

MEET THE CONDO

Own your home — and the land

Project overview

Hycroft 2 is a unique product type because rowhomes are freehold non-strata. This means the homeowner not only owns the home itself, but also the land it sits upon, and never has to worry about paying strata fees. The 30-home collection features four bedrooms and 3.5 baths in each unit. Pre-sales are currently underway.

In the neighbourhood

The development is located in the vibrant Grandview Heights neighbourhood, which is centrally located in South Surrey. From Hycroft 2, residents can walk to over 130 shops and restaurants at Morgan Crossing and Grandview Corners. The new Aquatic Centre is also within walking distance, as well as great schools and parks.

Housing amenities

From a distinctive main-level entry, walkout patios and fenced yards, to finished basements and a detached garage with up to four parking spots, space and freedom are never compromised. Kitchens include quartz countertops, stainless-steel gas appliances and custom Shaker-style cabinetry.

Location and transit

Hycroft residents don't have to rely on getting places by car because there's direct access to major transit routes with a bus stop just a few blocks away. Highway 99 and connecting routes are also nearby.

NEED TO KNOW

What: Hycroft 2
Builder: StreetSide Developments
Designer: Robert Ciccozzi
Location: South Surrey
Building: Freehold, non-strata rowhomes
Sizes: From 2,300 square feet to 2,600 square feet
Model: All units have four bedrooms and 3.5 baths
Pricing: Starting at $799,900 before taxes
Occupancy: Summer/fall 2017
Sales centre: 16467 24th Ave., Surrey; open daily (except Fridays) noon till 5 p.m.
Phone: 604-541-2495
Website: hycroftrowhomes.com

CONTRIBUTED

LIVING ROOMS

Mix 'n' match tables and chairs are the modern way

When choosing the right dining table and chairs, there are no rigid rules. Think about mixing and matching pieces instead of plunking down money for a perfectly matched set, experts say.

"These days, we see people choosing opposite styles for the table and the chairs," said Amy Panos, a Des Moines, Iowa-based deputy editor at Better Homes and Gardens magazine. "It makes the room interesting and gives it personality. Everybody wants a very personalized, 'Oh I threw this together and it represents my style' look.' There are no 'I have tos.' There are only 'I want tos.'"

Think about your style, budget, the size of your dining area, how you like to entertain, and how you're going to use the table and chairs — are they just for eating, or also for homework, kids' projects, work?

Start by measuring the space, whether it's a breakfast nook, kitchen, large dining room or small college dorm.

"You have to have room to pull the chairs in and out, and be able to move around the table," said Panos, who suggested leaving 36 to 48 inches on all sides, away from walls and other furniture.

You don't need a matching set to create a midcentury modern look. THE ASSOCIATED PRESS

"Get something you love, that really speaks to you," she said.

Tables and chairs can range from a $200 wooden dining table and $30 wooden chairs from Ikea, to $250 to $800 tables at chains Cost Plus World Market and Crate & Barrel. Higher-end tables can cost thousands of dollars at boutique stores, antique stores and upscale outlets such as Restoration Hardware. Shipping furniture bought online can also bump up the cost, Panos said.

At Sunbeam Vintage, a Los Angeles store that sells new, on-site handmade, imported and vintage furniture, owner Ebee Martinez, 37, walked between tables and chairs of different shapes and sizes packed deep into the high-ceilinged shop. The store specializes in mid-century modern and midcentury modern-inspired pieces, as well as '70s-style Hollywood glam chrome, gold, copper and brass accented tables and chairs, which are making a comeback, Martinez said.

"We believe that furniture is expression. It's like art," Martinez said. "People have fun with it. We have customers who are artistic, and want something unique."

THE ASSOCIATED PRESS

metro RIO

Carmelo Anthony tallied 31 points in a 98-88 win over Australia and became the all-time leading scorer in U.S. men's Olympic basketball

Canadian women keep the medals coming

RIO2016

Swimmers take bronze in 4x200 freestyle

Canadian women continued to add to the country's medal haul on Wednesday night at the Rio Summer Games.

The women's 4x200-metre relay team — comprised of rising star Penny Oleksiak of Toronto, Katerine Savard of Pont-Rouge, Que., Taylor Ruck of Kelowna and Toronto's Brittany MacLean — took bronze to give Canada its sixth medal of the Games.

The foursome finished the race in seven minutes 45.39 seconds, behind gold-winning United States, and silver-winning Australia.

The Canadian team made two changes from Wednesday morning's qualifying race for evening relay.

Wednesday's bronze gave Canada four swimming medals — its most in a Games since it won 10 in the heavily boycotted 1984 Olympics.

Savard and Ruck were part of the earlier qualifying team for the race but Emily Overholt of West Vancouver and Kennedy Goss of Toronto made up the other two.

Bronze medalists Katerine Savard, Taylor Ruck, Brittany MacLean and Penny Oleksiak of Canada pose during the medal ceremony for the women's 4x200-metre freestyle relay on Wednesday night. TOM PENNINGTON/GETTY IMAGES

It's Canada's fourth medal in swimming, and the third for the 16-year-old Oleksiak at these Games. All six of Canada's medals — one silver, five bronze — have come from female athletes or teams.

Oleksiak had a busy night, also qualifying for the women's 100 freestyle final with a Canadian record and world junior record time of 52.72 seconds, 0.01 seconds off first place Cate Campbell of Australia, who set an Olympic record. The final goes Thursday night.

Oleksiak's other medals came in the 100 butterfly (silver) and as anchor of the 4x100-metre freestyle team (bronze).

Kylie Masse won bronze in 100-metre backstroke Monday.

Canada's Santo Condorelli wasn't so lucky. The Kenora, Ont., product narrowly missed the podium in the men's 100 freestyle. Condorelli touched the wall in a personal best 47.88, 0.03 seconds off the third-place finish.

THE CANADIAN PRESS

RIO in brief

Mother Nature proving to be a formidable foe

Mother Nature was Canada's toughest opponent Wednesday at the Rio Summer Games.

Blustery weather again plagued the rowing regatta, forcing a postponement of the entire day of racing. It marked the second time this week that officials had to call off competition because of high winds and choppy water.

THE CANADIAN PRESS

Canada advances to quarters in women's B-ball

With their eyes firmly set on a place on the medal podium, the Canadian women's basketball team took its first step in that direction on Wednesday, clinching a berth in the quarter-finals with a 68-58 victory over Senegal.

At 3-0, it's the first time a Canadian women's team has ever won three games in one Olympics.

TORSTAR NEWS SERVICE

NFLer tries out rugby

Nate Ebner, the safety for the New England Patriots who took a break from training camp to fulfil his Olympic dream in rugby sevens, sprinted from almost halfway to score a try against Fiji capping the scoring in a 24-19 loss for the United States.

Madison Hughes missed the conversion, leaving the margin at five. Less than that and the Americans would have advanced.

THE ASSOCIATED PRESS

GREEN WATER

Chemical imbalance blamed for colour

Let's be generous for a moment and say that the colour of the water could have been worse.

A day after the Olympic diving pool turned a swampy shade of green, Wednesday saw the adjacent pool at the Maria Lenk Aquatic Center — the one used for water polo and synchronized swimming — morph from its usual blue to a slightly less shocking shade of the same, uninviting colour. As in, a nauseatingly tinged liquid that wouldn't qualify as the least bit inviting to anyone but the drunkest of beer guzzlers on a St. Patrick's Day bender.

Still, it was probably better than the once perfectly azure waters of the 31st Olympiad suddenly running, say, blood red or sludge black. And hey, it's not like there was a discarded sofa lurking ominously below the pool surface, as there may or may not have been on the kayaking course last week. This was, according to organizers, a minor aesthetic anomaly that posed no threat to the health of the athletes, and at least a few of the Olympians affected by it sounded unconcerned.

> **My eyes are destroyed now.**
> Water polo player Valentio Gallo of Italy

"In France, we have some swimming pools of this colour," said Florian Bruzzo, coach of France's water polo squad. "So it's not a problem for us."

Not everyone felt the same way. Multiple water polo players who competed in Wednesday morning's session complained the water was hard on the eyes in more ways than one.

"It's very difficult to play in this water because the chlorine is really, really strong for the eyes," said Mladan Janovic of Montenegro. "You cannot even see."

Organizers acknowledged they'd dropped the ball in monitoring the chemical balance of the pools. Rio spokesman Mario Andrada blamed the colour transformation on "a sudden increase in the alkalinity."

TORSTAR NEWS SERVICE

Canada's Meaghan Benfeito, top, and Roseline Filion won a bronze medal Tuesday in the women's synchronized 10-metre platform event diving into green water. THE ASSOCIATED PRESS

metro SPORTS

Manny Pacquiao confirmed he will come out of retirement to fight WBO welterweight champion Jessie Vargas on Nov. 5.

Surface tension rising as football taps into future

TECHNOLOGY

Tablets prove to be a bitter pill for old school league coaches

NFL players are currently allowed to use Microsoft Surface tablets but only view still images, not video replays — but that could change from next season. CHRIS GRAYTHEN/GETTY IMAGES

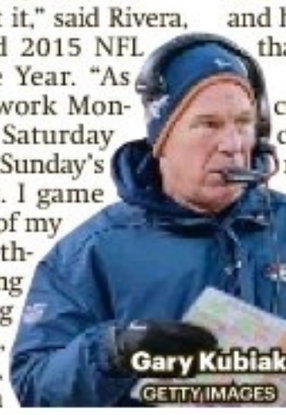
Carolina Panthers coach Ron Rivera believes too much technology may wind up hurting the NFL game. Other coaches are more welcoming to even more hi-tech changes.

For the second straight year, the NFL will experiment in the preseason with allowing coaches and players to use Microsoft Surface tablets on the sidelines to view video replays during the game — instead of just still pictures — and utilize that information to adjust strategy.

The league discussed using the technology in the regular season, but the idea has been tabled until next off-season.

Rivera, for one, hopes it stays on the table — forever.

"I'm against it," said Rivera, the 2013 and 2015 NFL Coach of the Year. "As coaches, we work Monday through Saturday preparing for Sunday's game. I work. I game plan. I put all of my thoughts together. I'm attacking you, I'm beating you. And then, all of a sudden, they give you a tablet where you get to watch the play, rewind the play and see what happens on the play where you can say, 'Oh my gosh, that's what they're doing to us?' Now you can make an adjustment and change what you're doing and have success. I don't think that's right."



Gary Kubiak
GETTY IMAGES

Rivera, who expressed his concerns at a recent NFL competition committee meeting, said if the videos are allowed he "might as well work 9 to 5" rather than putting in extra time game planning.

Not every coach agrees with that line of thinking.

Gary Kubiak, whose Denver Broncos defeated Rivera's Panthers 24-10 in the Super Bowl, calls the videos a "tremendous tool" for coaches and players.

"They're always trying to do things to make the game better and make players better," Kubiak said. "It's like anything else that we do, it's something new, and I think we had a little taste of it. Keep going and see how it works out."

Atlanta coach Dan Quinn is also a proponent of the tablets.

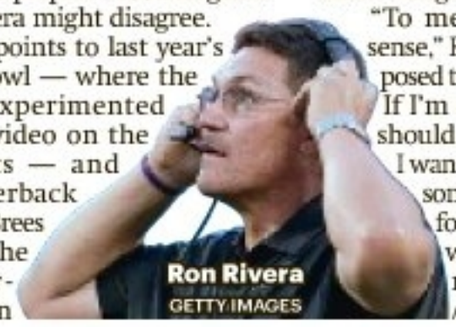
"(The video) gives them a very good look at what happened as opposed to the pictures. I hope we get to it one day," he said.

Redskins coach Jay Gruden doesn't view having videos as a big deal compared to pictures.

"If everybody has it, then it's not an advantage," Gruden said. ". ... It's not like you can put a whole new game plan together based on a video that you saw (in) 20 seconds. So it really has no bearing on how we coach or how we prepare a football game."

Rivera might disagree.

He points to last year's Pro Bowl — where the NFL experimented with video on the tablets — and quarterback Drew Brees used the information gathered from the videos of a previous play to make an adjustment. He told receiver Antonio Brown the next time he called the play to stay in front of the defender.



Ron Rivera
GETTY IMAGES

Two series later, Brees ran the same play and connected with Brown for a touchdown. "Without the video I wouldn't have been able to see that and communicate it with him," he said.

"I thought to myself, that's exactly why right there," Rivera said. "Hey if you can't get in practice, if your coaches can't see it on the sideline, why should you get a tool to help you? People say, 'Well, you get better football?' Well, do you really?"

Rivera is admittedly old school, having played nine seasons with the Bears as a linebacker. Years later, as a former defensive co-ordinator in Chicago, he'd arrive at the team's facility at 6 a.m., grab a coffee and head to his office. He'd spend the next 18 hours coaching, preparing and game planning until heading home at midnight.

Then he'd get up and do the same thing the next day.

"To me it doesn't make sense," Rivera said. "I'm supposed to know these things. If I'm not a good coach I should get my (butt) fired. I want to get beat because somebody out-prepared for me, to somebody who had answers to my questions." THE ASSOCIATED PRESS

SPORTS ON TV

Tributes flow for Saunders

Tributes poured in Wednesday for Canadian-born sportscaster John Saunders, the original voice of the Toronto Raptors and a fixture for nearly 30 years on ESPN in the U.S., after the network announced that he had died. He was 61.

Saunders, who was born in Toronto and grew up near Montreal, joined ESPN in 1986 after working for a variety of stations in central and eastern Canada. He was the play-by-play announcer on Raptors games from 1995 to 2001.

The former college hockey player who was at ease broadcasting a variety of subjects hosted "The Sports Reporters" on Sunday for ESPN for the last 15 years.

John Saunders
GETTY IMAGES

"I think you'd have a hard time finding anyone to say anything bad about John," said Leo Rautins, the former NBA player who worked with Saunders on Raptors broadcasts. "He was very giving, very caring, very intelligent."

Saunders was an original member of ESPN's SportsCenter crew.

"He was very proud to be Canadian," said Rautins. "He'd mention it every time he could."

No cause of death was given by the network. THE CANADIAN PRES

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$60 EST. MILLION + 41 EST. x $1 MILLION MAXMILLIONS™
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Superstars of the sidelines

PREMIER LEAGUE

Pounds bring top managers to English clubs

New Chelsea manager Antonio Conte, left, and second-year Liverpool boss Jurgen Klopp bring excitement to English technical areas. JAE C. HONG/THE ASSOCIATED PRESS

Awash with more cash and global appeal than ever before, the English Premier League is still struggling to lure or retain the elite players in world football like Lionel Messi, Cristiano Ronaldo and Luis Suarez.

For the moment, the Galacticos are the managers.

The era of the super-coach has arrived in England's top division. Pep Guardiola, Jose Mourinho, Arsene Wenger, Antonio Conte and Jurgen Klopp make up possibly the most outstanding group of managers seen in this country at one time.

It means some huge reputations are going to take a battering during a highly anticipated campaign with no obvious title favourite and with predictions warped by Leicester's improbable surge to the championship last season.

"It's a world championship of managers," said Wenger, the 66-year-old Arsenal manager.

For drama, it may pay to check out the coaches' technical area as much as the field of play. No more so than when Mourinho and Guardiola renew their rivalry as the new managers of Manchester United and Manchester City, respectively.

The Manchester clubs have hogged the limelight this off-season due to the coaching arrivals and their spending in the transfer market that reached $400 million.

Of course, the bookies can get it wrong. Take last season, for example.

Leicester started out as a 5,000-1 shot to win the league delivering one of the biggest underdog triumphs in any sport ever. Chelsea started out as defending champion and favourite, and limped home in 10th in the worst Premier League title defence ever seen.

This time round, City, United, Chelsea, Arsenal, Liverpool and Tottenham (in that order) are expected to be the main contenders. Leicester is still only the seventh favourite.

A record injection of TV money, split evenly between the 20 top-flight teams, is levelling out the Premier League. This is the first season of a new three-year broadcasting deal for domestic and international rights worth a record 8.3 billion pounds ($10.8 billion US) — 71 per cent above the previous deal — and clubs have used that windfall to spend around $1 billion.

The so-called lesser teams have no compulsion to sell their top players, given the cash they are raking in. There are unlikely to be many easy victories gained this season.

It might be time to redefine the parameters of the word "success" in England. Wenger has been criticized by some footballing romantics for saying that qualifying for the Champions League is tantamount to winning a trophy, but few will argue this season. Two or three big teams could easily finish outside the top four. THE ASSOCIATED PRESS

MORE SOCCER

PREMIER LEAGUE WEEK 1
SATURDAY
Leicester at Hull City
Swansea at Burnley
West Brom at Crystal Palace
Tottenham at Everton
Stoke at Middlesbrough
Watford at Southampton
Sunderland at Man City
SUNDAY
Man United at Bournemouth
Liverpool at Arsenal
MONDAY
West Ham at Chelsea

Wales' Williams leaving Swansea for Everton

Everton has moved quickly to replace centre back John Stones by signing Wales captain Ashley Williams from Swansea.

Everton announced the arrival of Williams on Wednesday, with the 31-year-old defender signing a three-year deal to end his eight-year spell at Swansea.

Williams said he was looking forward to playing under Everton manager Ronald Koeman.
THE ASSOCIATED PRESS

MLB

Fragile neck forces Fielder to end career

Prince Fielder will not be able to come back after a second neck surgery.

The Texas Rangers slugger wept Wednesday as he said he was forced to end his 12-season major-league career. He was still wearing a neck brace 12 days after his second cervical fusion in just over two years.

Fielder didn't formally retire, however, meaning the Rangers would have to keep him on their 40-man roster through 2020.

"To not be able to play, it's going to be tough," said Fielder, once one of the most durable players in the majors. "Even though I know I struggled personally this year, this was actually the most fun I've ever had and the best I've ever felt mentally about baseball."
THE ASSOCIATED PRESS

Prince Fielder was limited to 289 games with Texas.
RONALD MARTINEZ/GETTY IMAGES

IN BRIEF

National boss courts Messi

Argentina coach Edgardo Bauza has travelled to Spain in an effort to convince Lionel Messi to stay on the national team.

Messi, a record five-time world player of the year, said in June that "the national team is over for me" following Argentina's loss in the Copa America final. That was Argentina's third straight loss in a final, including the 2014 World Cup.

"I have come to talk about football, so (Messi) can tell me his frustrations that made him say those words," Bauza sais. "Our talk will then lead to a decision." THE ASSOCIATED PRESS

Happ celebrates sweet 16

J.A. Happ became the first 16-game winner in the major this season, combining with three relievers on a four-hitter in Toronto's victory over Tampa.

Happ (16-3) allowed four hits, all singles, to win his 10th consecutive decision. Joe Biagini, Jason Grilli and Ryan Tepera worked an inning each to complete Toronto's seventh shutout.

Troy Tulowitzki homered and had a season-high five RBIs, and Justin Smoak also connected for the Blue Jays. Tulowitzki hit a two-out, three-run homer off Blake Snell (3-4) in the first inning. THE ASSOCIATED PRESS

SOCCER

FIFA ethics probe into Brazilian chief

FIFA ethics investigators confirmed Wednesday that they are formally investigating the indicted head of Brazilian soccer, just days after he met with FIFA President Gianni Infantino

Marco Polo del Nero has remained president of the Brazilian Football Confederation despite being among the officials indicted last year as part of an American investigation into soccer corruption.

Del Nero also remains free to hold positions of power in soccer, although FIFA's ethics division has now announced it has been investigating the former executive committee member since December.

"We are able to confirm that there are formal proceedings going on against Marco Polo del Nero," FIFA's ethics committee said. Del Nero is yet to face the racketeering and money laundering charges in New York along with the other suspects in the U.S. investigation.

Brazil has a long history of not extraditing its own citizens to other nations.

Del Nero has avoided travelling outside Brazil since being indicted, so he has missed the FIFA presidential election in Zurich in February and Infantino's first congress in Mexico in May.
THE ASSOCIATED PRESS

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RECIPE Nicoise Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We took our favorite salad and married it with our kids' carb of choice.

Ready in 25 minutes
Prep time: 5 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add the tuna and break it up a bit, not too much.

3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

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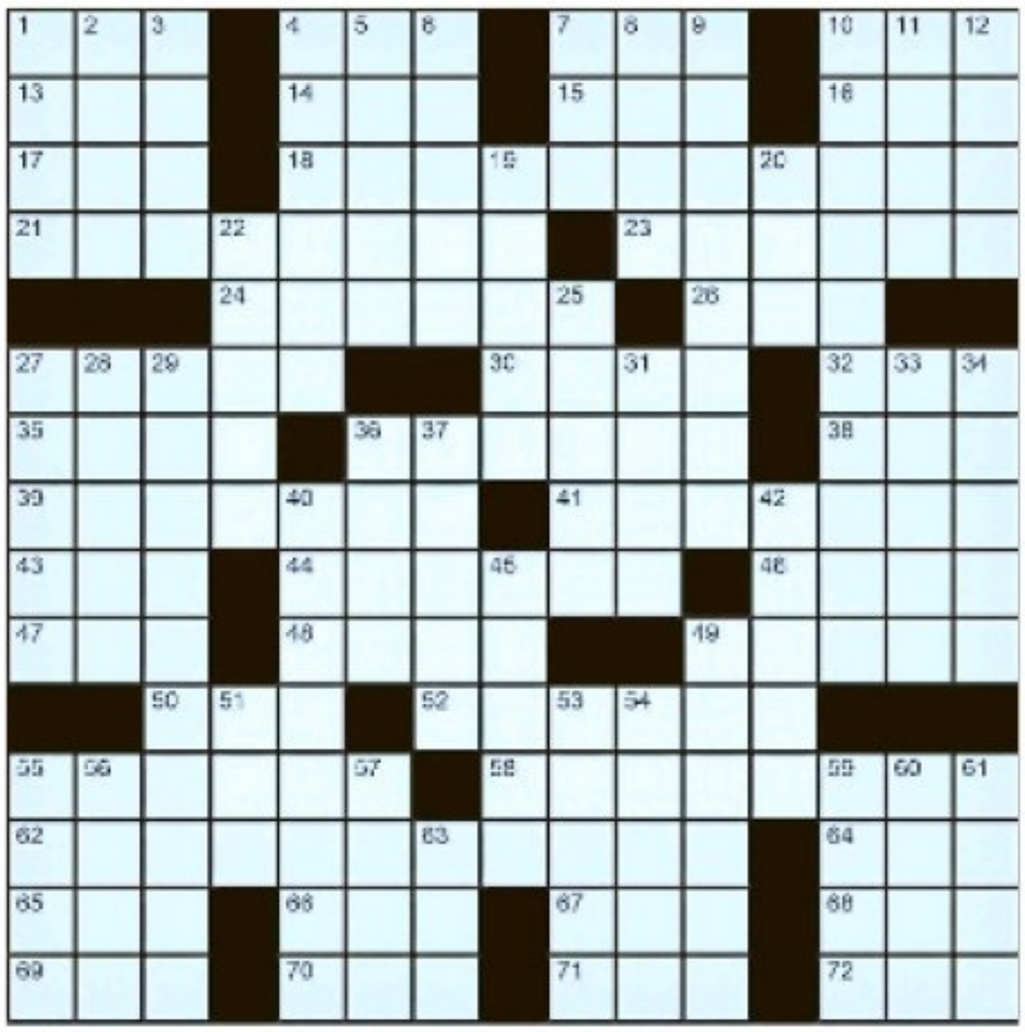
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Get gold
4. Computer co.
7. House-coolers, briefly
10. "Awesome!"
13. 'Fluor' suffix
14. U.S. firearms org.
15. Plant
16. 'Depart' suffix
17. Modern: German
18. RIO 2016: Water event, Women's __ __ (K1) Slalom
21. RIO 2016: Speed it up!: 2 wds.
23. Hanson song
24. Montreal 'lemon'
26. Might
27. Fasten, in a way: 2 wds.
30. Quasi
32. Beatles adjective
35. Alphabetic sequence
36. Northwest Territories/Nunavut river
38. __ Red apples
39. RIO 2016: Canada, for one
41. RIO 2016: Greats of any Olympics
43. 17th letter's spelling
44. Articulates again
46. RIO 2016: MLI is its IOC code
47. Jr.s' dads
48. Get from ___ (Advance slightly)
49. Shenanigans
50. "That's waaay over-sharing!"
52. Plays, untrained puppy style: 2 wds.
55. RIO 2016: San __ (SMR is its IOC code)
58. RIO 2016: Artsy maneuvers discipline in #29-Down
62. RIO 2016: Reward for ancient Olympians: 2 wds.
64. Tea type
65. Music honour, e.g.
66. Irish actor Stephen
67. Actor, Daniel __ Kim
68. Him opposite
69. Hosiery hue
70. Compass dir.
71. Wee question follower
72. Hankering

DOWN
1. RIO 2016: Victory goddess Nike's one-of-two
2. 'Thought'-meaning prefix
3. Quebec 'nine'
4. Does cartooning work: 2 wds.
5. Hollywood's Benjamin
6. Singer/guitarist John
7. Get permission
8. 'Micro' ender
9. RIO 2016: Olympic sport
10. RIO 2016: 'Sevens' team sport event scheduled for the Men today, August 11th: 2 wds.
11. Mr. Guthrie
12. Meaningful
19. Came about
20. Q. "Is '__' _ way to abbreviate Santa Fe's state?" A. "Yes."
22. Squash variety
25. Ms. Furtado
27. Tick __ (Clock noises)
28. Q. "Shall __ you a glass?" ...asked the sommelier
29. RIO 2016: Olympic sport which is a 'mane' event
31. Classic comedian Mr. Howard's
33. Befuddle
34. Foundation
36. Old shipping weight allowance
37. Green tea variety
40. RIO 2016: Athlete aiders
42. Gives off
45. RIO 2016: Respect the rules
49. Does dishes
51. 1004 in ancient Rome
53. Milan-based fashion house
54. ___ example
55. Castle's surrounder
56. __ mater
57. Is beholden
59. RIO 2016: Like a sore-muscles athlete
60. Clarified butter
61. Garner
63. "Norma __" (1979)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Steer clear of propagandist discussions regarding religion, politics and racial issues. This is a poor day for important ideas; someone might trick you or even deceive you.

Taurus April 21 - May 21
Postpone important decisions about inheritances, shared property, wills, taxes and debt. Today is a poor day to discuss these matters or to act on them.

Gemini May 22 - June 21
Discussions with others might depress or confuse you. This is not your fault. This is par for the course today. Just coast and agree to nothing important.

Cancer June 22 - July 23
Don't let someone in authority shoot you down today or discourage you. You don't have all the facts; in fact, you might be seriously misled! Use caution.

Leo July 24 - Aug. 23
For some reason, children might be an increased responsibility today. In addition, romance is depressing and confusing. Just for today. Oy!

Virgo Aug. 24 - Sept. 23
Domestic discussions might discourage you because an older family member is critical. This is a temporary setback. Don't let it get you down.

Libra Sept. 24 - Oct. 23
Do not give in to negative thinking today. In part, you are confused about something. Someone might have misrepresented the truth to you.

Scorpio Oct. 24 - Nov. 22
This is a poor day for important financial decisions because you could make a mistake. You don't have the confidence and the right frame of mind to do your best. Forewarned is forearmed.

Sagittarius Nov. 23 - Dec. 21
Conversations with others are difficult today, because they are confusing, discouraging or both! Knowing this ahead of time, take a step backward. Just coast.

Capricorn Dec. 22 - Jan. 20
Something going on behind the scenes might discourage you. You might be deceived as well! Trust no one today.

Aquarius Jan. 21 - Feb. 19
Someone older might rain on your parade today. Reserve judgment about anything important until tomorrow, because you are not in the right frame of mind today.

Pisces
Feb. 20 - March 20
Don't ask for permission or approval from bosses, parents and VIPs today because these conversations will not go well. If you want anything, the response will likely be, "Talk to the hand."

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9		6		4	3		
	7				2		6	9
4								
3	8							6
				1				
9							3	2
								3
6	5		1				4	
		8	5		3		1	

Difficulty Level ★★★★★

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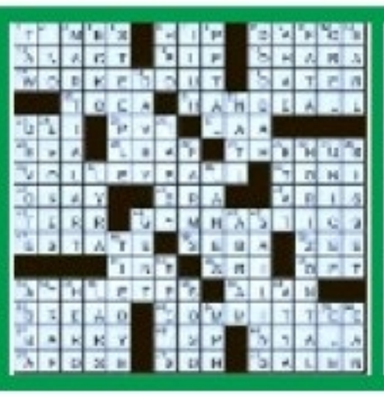
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	7	6	4	5	1	8	9	3
5	9	1	3	8	7	2	6	4
3	4	8	6	9	2	5	7	1
6	3	5	2	4	9	1	8	7
9	8	7	1	3	5	4	2	6
4	1	2	7	6	8	3	5	9
8	6	9	5	1	4	7	3	2
1	2	3	8	7	6	9	4	5
7	5	4	9	2	3	6	1	8

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